

Other Teen Resources

Samariteen Suicide Prevention
Hotline (teen to teen line): 1-800-252-8336

Alateen/Al-Anon: 781-843-5300

Alcohol and Drug Abuse
Hotline: 1-800-327-5050

Bridge Over Troubled Waters
(M-F daytime only): 617-423-9575

Boston Asian Youth
Essential Services (YES): 617-482-4243

Boston Gay and Lesbian
Adolescent Social Services
(GLASS): 617-266-3349

Dating Violence Intervention
Project Respect (after 3:00): 617-354-2676

LaAlianza Hispana Youth
Outreach Program: 617-427-7175

Massachusetts Child at
Risk Hotline: 1-800-792-5200

Mass. Parents Helping Parents
Teen Support Group
(teen parents): 617-267-8077

National Missing/Exploited
Child Hotline: 1-800-843-5678

National Runaway Hotline: 1-800-621-4000

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Teen Dating & Violence

ARE YOU DATING SOMEONE WHO...

Are You Dating Someone Who...

Wants to get too serious about the relationship before you are ready?

Is jealous and possessive, wants to pick your friends, checks up on you, won't accept breaking up, accuses you of cheating

Tries to control you by being very bossy, giving orders, making all the decisions, not taking your opinions seriously

Puts you down in front of friends, tells you that you would be nothing without him or her

Uses guilt trips — “If you really loved me, you would...”

Scares you? Makes you worry about reactions to things you say or do? Drives recklessly when you are a passenger in the car? Uses or owns weapons

Threatens to hurt you or to hurt him/herself — “If you leave me, I’ll...”

Pressures you for intimacy or is forceful or scary about sex

Abuses alcohol or other drugs and pressures you to take them

Makes your family and friends uneasy and concerned for your safety

Is violent? Has a history of fighting, loses temper quickly, brags about mistreating others? Grabs, pushes, shoves, or hits you

**IF YOU ANSWERED
YES
TO ANY OF
THESE QUESTIONS,
YOU COULD BE
THE VICTIM OF
TEEN DATING
VIOLENCE!**



Dating violence can take many forms:

Physical: shoving, hitting, punching

Verbal: yelling, screaming, put-downs, threats

Emotional: spreading rumors, lying, possessiveness

Sexual: unwanted touching

Psychological: manipulation, mind games, guilt tripping

**DATING VIOLENCE CAN EVEN
LEAD TO RAPE AND MURDER!**

Teen Dating Violence

Creating a healthy relationship

The teen years are a time when you are experimenting with different types of relationships. These are the years when it is fun and exciting to meet someone new — and sad and difficult to break up. But, abuse has no place in a healthy relationship.

Teens use many different words and ideas to describe healthy relationships. Some teen have shared these ideas:

♥ A healthy relationship is based on:

- Trust
- Shared decision-making
- Recognizing differences
- Respect
- Mutually agreed-upon intimacy
- Open communication
- Compromise
- Openness
- Sharing
- Taking responsibility for one's own actions

♥ An unhealthy relationship may include:

- Bullying
- Jealousy
- Humiliation
- Possessiveness
- Manipulation
- Blaming someone else for actions
- Pressured intimacy
- Intimidation
- Fear

ABUSIVE OR VIOLENT DATING RELATIONSHIPS ARE UNHEALTHY AND CAN BE DANGEROUS. ENDING A VIOLENT OR ABUSIVE RELATIONSHIP CAN BE DIFFICULT AND DANGEROUS.

You are not alone. You are not to blame...we care about your safety. Help is available.

If you are in an abusive or violent dating relationship and you want out:

- ♥ Tell a friend, parent, teacher, counselor or someone else you trust and who can help.
- ♥ Call a Domestic Violence hotline (24 hours) or a Domestic Violence Advocate in the Norfolk District Attorney's Office (daytime only) to get support and information about what you can do. You can call without giving your name.
- ♥ Use the resource list in this brochure.
- ♥ Plan for your safety — whether you are still in the relationship, are making plans to end it or have already ended it.

How to help a friend

Most teens talk to other teens about their problems. If a friend tells you he or she is in a violent or abusive dating relationship, here are some suggestions on how you can help:

- ♥ Express your concern and support. Tell your friend you're worried. Support, don't judge.
- ♥ Encourage your friend to confide in a trusted adult.
- ♥ Never put yourself in a dangerous situation with the victim's partner. Don't be a mediator.

There is no reason to think you can or should handle it alone. Ask for help.

If you see or hear an assault in progress, call the police. Do not intervene and jeopardize your own safety.

If you notice a friend is in an abusive relationship, don't ignore signs of abuse. Talk to your friend. Inform your friend about available help and share the resources listed in this brochure.

**For TTY/TDD users call Massachusetts Relay Service (24/7)
TTY/TDD: 1-800-439-2370 / Voice: 1-800-439-0183**

EMERGENCY

Police: Call 9-1-1

NORFOLK DISTRICT ATTORNEY'S OFFICE DOMESTIC VIOLENCE UNIT: 781-830-4800

Brookline District Court: 617- 738-5072
(Brookline)

Dedham District Court: 781-830-4800
(Dedham, Dover, Needham, Norwood, Westwood,
Medfield and Wellesley)

Norfolk County Probate Court:
781-830-4800 (all Norfolk County communities)

Quincy District Court: 617-479-7454
(Braintree, Cohasset, Holbrook, Milton, Quincy,
Randolph and Weymouth)

Stoughton District Court: 781-344-9227
(Avon, Canton, Sharon and Stoughton)

Wrentham District Court: 508-384-3788
(Foxboro, Franklin, Medway, Millis, Norfolk,
Plainville, Walpole and Wrentham)

CERTIFIED BATTERER TREATMENT PROGRAMS

For a listing of Batterer Intervention Programs that have been certified to work with teens by the Massachusetts Department of Public Health, call 617-624-5497.



24-HOUR HOTLINES

Domestic Violence Shelter and Support Services:

DOVE: 617-471-1234 or 1-888-314-3683

DOVE Youth Hotline: 617-773-4878

New Hope: 1-800-323-4673 (Attleboro)

National Domestic Violence Hotline: 1-800-799-7233;
(TTD) 1-800-787-3224

SafeLink Mass. Statewide Domestic Violence Hotline:
1-877-785-2020

Gay and Lesbian Domestic Violence Services:

Fenway Community Health Violence Recovery Program:
1-800-834-3242

Fenway Community Health Gay and Lesbian Peer
Listening Line: 617-267-2535

Gay Men's Domestic Violence Project:
1-800-832-1901

Network for Battered Lesbians & Bisexual Women
(Spanish/English, V/TTY): 617-423-7233

National Gay and Lesbian Hotline: 1-888-843-4564

Non-English/ESL Domestic Violence Victim Services

Asian Task Force Against Domestic Violence:
617-338-2355 (Services available in: Cambodian,
Chinese, Hindi, Japanese, Khmer, Korean, Vietnamese
and English)

Womansplace Crisis Center Hotline: 508-588-2041
(Services available in: Cape Verde, Creole, Portuguese,
Spanish and English)

Casa Myrna Vasquez: 1-800-992-2600 (Services
available in Spanish and English)

Rape Crisis Centers:

Blackstone Valley Rape Crisis Services: 1-800-511-
5070

Boston Area Rape Crisis Center: 617-492-7273

New Hope: 1-800-323-4673

Womansplace Crisis Center: 508-588-8255

Projecto Yamanos Spanish Language Hotline:
1-800-223-5001